

**Miramar College and  
The San Diego Regional Lifeguard Training Program  
Presents**

**2006**

**COURSE TITLE:                   Intro to Open Water Lifeguarding**  
(San Diego Regional Lifeguard Academy)

**UNITS: 3**

**Course # FPT 160**

**Course Description:** This 80-hour introductory level course involves lecture and skills training for those aspiring to be lifeguards for ocean and inland beaches. Subject matter ranges from the history of lifeguarding and the responsibilities of the individual lifeguard to the hands-on skills required to rescue and assist the public. Content of the course will follow the standards of the United States Lifesaving Association. Special note: This course is extremely physically demanding; excellent health and physical fitness is required; strong swimming skills required in order to successfully pass this course.

**The San Diego Regional Academy has rigorous physical training. Included in the physical training are events that must be completed in a specified time including a 500 meter swim in ten (10) minutes or less, a one (1) mile run in eight (8) minutes or less, and a timed run swim run.**



**COURSE DATES, TIMES AND LOCATIONS**

**Session 1**

Early Spring Course

April 1, 2, 8, 9, 10, 11, 12, 13, 14, 15, 2006

Make-up: April 22, 23, 2005

**Session 2**

Late Spring Course - **Weekends**

April 22, 23, 29, 30, 2006

May 6, 7, 13, 14, 20, 21, 2006

Make-up: May 27, 28, 2006

**Session 3 (10 hrs./Day)**

Early Summer Course **Weekends**

May 20, 21, 27, 28, 2006

June 3, 4, 10, 11, 2006

Make-up: June 17, 18, 2006

Class from 8:00 a.m. to 5:00 p.m. Classes meet at the San Diego Regional Public Safety Training Institute, Naval Training Center (NTC)/Camp Nimitz, Building #608, Classroom #1, Transit Route #28. Practical skills exercises conducted at area beaches.

**HOW TO ENROLL**

**Step 1 -APPLICATION AND ENROLLMENT**

Fill out application and receive enrollment date at Miramar College Admissions Office, 10440 Black Mountain Road, San Diego, CA, 92126 or call (619) 388-7844. For recorded information on lifeguard classes, call (619) 388-7800. Students may apply at other San Diego Community College District campuses: City College, 1313 Twelfth Avenue, (619) 230-2475; Mesa College, 7250 Mesa College Drive, (858) 627-2682; or Educational Cultural Complex, 4343 Ocean View Boulevard, (619) 527-5275.

**Step 2 - ORIENTATION AND SWIM TEST**

Complete orientation and swim test on the first day of the "Intro to Open Water Lifeguarding" class.

**Step 3 - ATTEND COURSE** -- Attend first day of class. Books and uniforms to be provided.

**COURSE COSTS (This fee is subject to legislative and gubernatorial action and may change without notice)**

**Intro to Open Water Lifeguarding**

Tuition\*                                 \$ 78.00 (\$26.00/unit; 3 units)

Health Insurance                         3.50

Total Course Cost:                     \$ 81.50

**Supplies needed:**

Red swimsuit (men)

Red one-piece swimsuit (women)

Running shoes

Sunglasses

Towel

**Supplies Provided:**

Duck Feet Swim Fins

Academy Uniform

Text Book

Work Book

Sunscreen

X Tuition costs for non-California residents is \$160.00/unit, in addition to normal \$26.00/unit Tuition and \$3.50 Health Insurance

TOTAL Non-Resident Cost **\$561.50**

**JOBS AVAILABLE**

**"A Challenging Career Opportunity"**

Individuals who successfully complete "Introduction to Open Water Lifeguarding" and who possess an "American Red Cross Emergency Response" or equivalent certification are eligible to apply with the following participating lifeguard agencies:

**For Job and Employment Information Contact:**

Camp Pendleton - Lt. Eric Flakoll (760) 725-2703

Coronado - Capt. Sean Carey (619) 522-7346

Encinitas - Capt. Larry Giles (760) 633-2749

Imperial Beach - Capt. Robert Stabenow (619) 423-0208

North Island - Capt. Aaron Wonders (619) 545-7221

San Diego - Lois LaChusa (619) 221-8844

Solana Beach - Capt. Craig Miller (619) 755-1569

**Note:** Each agency has their own employment requirements that may involve additional physical fitness tests, medical examinations, drug screening, vision and hearing tests, possession of a valid California Driver's License, a legal right to work in the United States, etc. Agencies may or may not be hiring at the completion of this course. Contact each participating agency for information on hiring. Course certificate is valid for two years. Completion of this course does not guarantee employment. Provisions of this bulletin does not constitute an expressed or implied contract.